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New Cardiovascular Health Alliance is Born

"Beginning a statewide crusade to promote cardiovascular health."

We are very excited about establishing an Alliance for Cardiovascular Health in Utah. The first question that may come to mind is "What's an alliance?" The dictionary defines alliance as **"an association to further the common interests of the members"**. This is exactly what we intend to do. Individuals from various agencies and organizations throughout the state have been invited to bring their priorities for addressing cardiovascular health to the table. This will help us to develop a **statewide plan** to address this important public health issue. **Such a plan will foster greater interaction among organizations, allowing them to combine efforts, and have access to a wider variety of data and other important resources.**

Alliance members will contribute to the collective strength of the organization as well as increase the visibility and recognition for the member organizations. Over 50 members from various community organizations have been invited to participate. They represent schools, universities, health care organizations, volunteer agencies, parks and recreation, state and local government and the Utah State Legislature. The private sector has shown great enthusiasm in becoming involved. At the first meeting, members agreed to divide the Alliance into three major workgroups to address Nutrition, Physical Activity and Secondary Prevention of cardiovascular disease. They will be responsible for collecting information in school, community, health care and worksite settings, to help accomplish the following tasks:

- Examine available data, and what is needed
- Identify issues for policy and environmental interventions
- Identify the priorities and capabilities of each member's organization
- Determine what is being done, not done and what can be improved

After each workgroup has collected the information through assessment and inventories, these **five core strategies** will be used to address the priority issues:

Visibility

Enhance the positioning of cardiovascular disease prevention and health promotion as an important public health issue through advocacy and education.

Policy

Advocate guiding principles and procedures designed to promote, influence and determine decisions for healthier choices.

Environment

Influence the social and cultural milieu by changing norms, values, policies, and surroundings in the community to provide access to and support for healthier choices.

Capacity

Enhance knowledge, skills, and resources within the community to affect and sustain policy and environmental changes.

Surveillance

Coordinate health surveillance and information systems that enable the Alliance to fulfill the core public health functions of assessment and assurance, and monitor indicators of cardiovascular health, including mortality, morbidity, access to quality care, risk factors, and presence and observance of health promoting policies.

This Alliance is unique because it will be working to develop a State Plan not a "State Health Department Plan" for Cardiovascular Health. The role of the health department will be to facilitate coordination of activities, data resources and evaluation, and to provide staff support. If funding becomes available, monetary support will be directed to these activities. Undoubtedly you will agree we all have our work cut out for us as we begin the statewide crusade to promote cardiovascular health. For more information, or if you would like to get involved, call Joan Ware, Director, Cardiovascular Program, at 538-6141.



In the following pages: *Highlights and Headliners, p. 2; Nutrition News, p. 3; American Heart Activities, p. 4; Physical Activity Updates, p. 5; Upcoming Events, p. 6.*



A HEALTHIER YOU 2002

UTAH'S HEALTH LEGACY

The Salt Lake City 2002 Olympics committee organized an education program in 1998 called "A Healthier you 2002". The first two years will emphasize physical activity and nutrition. The objective is to maximize the health of Utahns through the Olympic spirit. The goal is for all Utahns to achieve positive lifestyle changes and benefits. This is the second in a series of profiles of our co-workers who have found ways to fit exercise and good nutrition into their busy schedules. Perhaps by sharing these experiences, each of us may be encouraged to find ways to fit "fitness" into our hectic lives and the lives of our families and friends. This is also a way for us to get acquainted with Debbie Long, a dietitian who works with the Cardiovascular Program..

Name: Debbie Long

Age: 36

Typical exercise program for an average week:

Right now I'm focusing on running, with a goal to finish my first half marathon (13.1 miles!) by September. I try to run 2-3 times during the week, usually between 3 to 5 miles. I also try to squeeze in an aerobics class or two and some strength training during the week. On the weekends I usually run a longer run with my husband, somewhere between 7 and 10 miles.

Some of your favorite activities which you would like to engage in more often:

It seems like there's never enough time to do all the activities I love. My husband and I love hiking, camping, biking, rollerblading, skiing, rafting, swimming, and scuba diving. We have an exuberant 2 year old at home, so it's tricky finding ways to incorporate him into some of our favorite activities. That's one of the reasons we started running. Zach comes with us in the baby jogger and chants, "Run Mommy Run!" Zach has also reconnected us with fun activities like doing summersaults in the swimming pool, dancing in the living room, playing leap frog, and seeing who can roll the fastest down a hill. Hey, it's all exercise right?

One of the highest points of your fitness history:

The two highlights this summer were finishing a 15 K race in Logan and a 10 mile race down Provo Canyon. A year ago, I didn't think I could even run 3 miles. I never dreamed I would be able to run 10 miles. I'm in better shape at 36 than I was at 25! But, even more than finishing the races, I loved the feeling of comradery I shared with my husband and friend Cindy as we laughed and talked and sweated our way to the finish line. That's what keeps me going, and that's what makes memories!

One of the lowest points in your fitness history:

Not long after I started running, I dislocated my knee cap. It was a blow to my confidence and a test of my ability to be kind to my body. It was hard taking a rest while my fellow runners carried on with their training. But, in the end I was proud of myself for giving myself time to heal. I came back stronger and I know I'll be able to keep running for a long time.

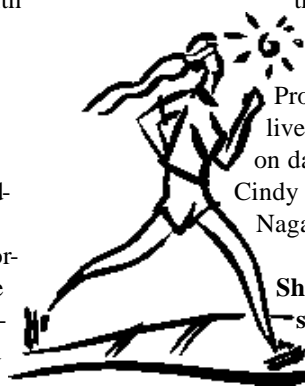
Who is one of your role models for fitness and why? Or what inspires you.

I have several role models. The first is my husband. A year and a half ago, he made a commitment to run a marathon with my sister-in-law. At the time, he was running about 3 miles a few times a week. I thought he was crazy! But he did it. He trained step by step and I rollerbladed with him on his long runs. The day I watched him cross the finish line (with tears in my eyes) I

thought I want to be part of this. He

inspired me. I have also worked with a

great group of women in the WIC Program who make fitness a part of their lives everyday. They keep me motivated even on days I want to go back to bed. They are Cindy Happel, Jan Heins, Judy Harris, Marie Nagata, and Tami Snider.



Share some tricks on how you are able to squeeze fitness into your busy life:

Take advantage of your workplace fitness policy and facilities. The gym at the Cannon Building is a great asset. The aerobics classes are outstanding and a great way to meet people! The trails along the river are a nice retreat from a hectic work day.

Do you have any ideas to share on how you have motivated your co-workers, family, or friends to exercise?

Fortunately, I've always been surrounded by people who enjoy an active lifestyle. I've always tried to keep exercise fun and surround myself with people who like to do the same. I try to keep things noncompetitive and give people lots of compliments (especially myself!) for taking a risk and trying something new.

How has exercise helped you?

Exercise has always been the backbone of good health for me. When I exercise I feel good, plain and simple. It's my major stress reducer. It's a great opportunity for me to connect with friends. It helps keep my energy level up and keeps me sane on my busiest days.

Way to go Debbie !!

We'd like to welcome John Librett and Natalie Lindman to the Cardiovascular Health program. They will be working on projects concerned with Physical Activity. You'll be hearing from them in our next issue.

Healthy, Happy Eating

LaDene Larsen is the Director of The Bureau of Health Promotion, and a shining example of healthy lifestyle practices. Here is one of her favorite recipes. Hope you all enjoy trying something new.

CHICKEN PASTA SALAD

(adapted from a Gabby Gourmet recipe)

- 1/3 C. mayonnaise (Best Foods low fat, 1gm fat per T)
- 1/3 C. non-fat Italian dressing (your favorite brand or homemade)
- 2-3 T. fresh lemon juice
- 1 T. spicy mustard
- Salt and fresh ground pepper, to taste
- 2 large chicken breast halves, cooked, skinned, boned and chopped into small pieces
- 1 lg. cucumber, peeled, seeded and chopped
- 2-3 ribs celery, finely chopped
- 1 can (3.8 oz.) sliced ripe olives, drained well (can also use green)
- 1 med. red onion, chopped
- 1 pkg. (8 oz.) small elbow macaroni, cooked and drained
- fresh red or green leaf lettuce leaves
- 4 med. fresh firm tomatoes, quartered

In a small mixing bowl, combine and whisk the first 5 ingredients. Stir in the chicken, cucumber, celery, olives and onion. Cover and chill 1-2 hours before serving. Prepare the macaroni, following the package directions (never use oil in the boiling water!), then drain well and rinse with cold water, place in a large mixing-type bowl to keep cool. Just before serving, add cool pasta to chicken mixture and stir until thoroughly mixed. Line a shallow salad-type bowl with the lettuce leaves. Spoon the salad mixture into the bowl, then decorate the edge with the tomato quarters.

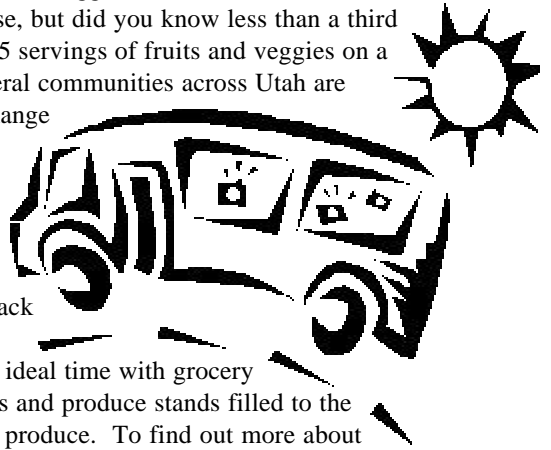
Or... fix four individual plates, dividing the mixture into four servings. I also tear the lettuce into bite size pieces, so it is more likely to be eaten as part of the salad, rather than just a decorative touch. Makes 4 servings as a main dish.



It's harvest time. Plan to use more fresh fruits and vegetables with each meal while they can be found in such great abundance.

5 a Day Across Utah

During the week of September 11th - 15th, 5-A-Day is coming to a town near you! Communities across Utah have linked together to celebrate 5-A-Day week in Utah. Most of us know consuming more fruits and veggies can reduce our risk of diseases like cancer and heart disease, but did you know less than a third of Utahns actually eat 5 servings of fruits and veggies on a daily basis. Well, several communities across Utah are getting geared up to change that. With the help of local businesses and schools they're going to revitalize the 5-A-Day message and get families on the right track in choosing more produce. September is an ideal time with grocery stores, farmer's markets and produce stands filled to the brim with scrumptious produce. To find out more about the exciting events planned, visit our website at www.hearthighway.org.



Teachers Take Note

Hey, mom and dad can we go to the grocery store to buy some fruits and vegetables?

How many times have you heard that request? After going on 5 a Day Grocery Tour, 3rd graders all over the state are dragging their parents to the grocery store to buy the ingredients for fruit and vegetable recipes.

The Utah Department of Health's Cardiovascular Program and local health departments offer 5 a Day Grocery Store Tours to 3rd graders throughout the state. Local grocery stores provide tour guides, fruit and vegetable samples and fun activities. One day a week, you can find the children sitting on colorful crates in the produce section learning how fruits and vegetables can help build a healthy body and how good they taste. Last year 10,481 students participated.

On every tour, each child receives a "Fun With Fruits & Vegetables - Cookbook" and a refrigerator chart with reusable stickers to track their fruit and vegetable consumption. Keeping track becomes a game and family members are often quizzed by the children to see if they are getting their five fruits and vegetables a day.

Before going on the tour, each teacher is mailed a packet of 5 a Day and healthy lifestyle information, classroom activities, and a handout for parents. The tour is the kick-off for three weeks of 5 a Day lesson plans from the packet. Teachers have commented in the surveys that the tours have been more fun and educational than any field trip they attended.

If you would like your school or children to participate in the 5 a Day Grocery Store Program, contact Cheryl Glenn at the Utah Department of Health, (801) 538-6229. Or, if you would like more healthy lifestyle information see our website www.hearthighway.org.

Walk Your Way to a Healthier Heart

Dust off those old walking shoes and set Saturday, September 9th, aside to attend the festivities planned for the American Heart Association's **Heartwalk**. This is an exciting event that focuses attention on exercise as an important part of a heart-healthy lifestyle while raising funds to continue the American Heart Association's (AHA) fight against heart disease and stroke.

This year we will again walk around beautiful Sugar House Park (3 miles). Join us for a fun-filled morning that will include refreshments, music, prizes, and balloons. Take time to enjoy the exhibits and activities provided to help you become more aware of your cardiovascular health.

IHC Health Plans will provide health screenings for cholesterol, blood pressure, and body composition, and health appraisals will be available. 5 a Day will be there distributing fruit and vegetable samples, as well as new information about nutrition and your heart.

Companies or private groups can participate by forming teams of walkers who obtain pledges for the AHA. Teams consist of co-workers, friends and family members. Individuals can walk too! Last year teams and walkers raised \$78,000 to help in the fight against heart disease. Help make this year's event even more successful. Everybody is welcome to join the festivities and raise funds for the AHA.



Saturday, September 9th at 8:30 am
Sugarhouse Park, Northwest Terrace
5K (3.1 miles)

For more information call Roberta at 484-3838.



Hear disease affects women as well as men. In fact, heart disease is the #1 killer of American women...and more women than men lose their lives to cardiovascular disease. Research finds most women are unaware that cardiovascular disease is their number one enemy.

To address this situation and to benefit the American Heart Association, an annual "Women's Legacy Conference and Luncheon" will be held in Ogden, Utah on November 4, 2000, at the Ogden Country Club.

This event is designed to create an emotional, informative atmosphere, which will encourage influential women in communities across America to become champions of health. The theme incorporates the 360-degrees of a woman's influence: in the community, at home, and at work. Emphasis will be placed on the generational connection to health -- mothers, daughters, grandmothers, and aunts will be encouraged to attend together. The event will also focus on the vitality and energy of women.

The conference will be targeted to three primary markets: professional businesswomen, women age 45 and over, and female healthcare professionals. Speakers will present on women's health issues: recognizing problems, what to do, where to go, what to ask for and how to cope. Presentations will focus on coronary heart disease, as well as the unique signs and symptoms of The Silent Killer in women. Presentations offering the audience practical information and CEU credits will be available for nurses, pharmacists and registered dietitians. Attendees will also receive an event program featuring conference information, medical resources, and educational and nutritional information. Vendors will display educational information, distribute coupons and give sample products to attendees and offer prizes and raffle drawings.

What Do Teens Like To Do?

In the Spring of 1999, a telephone survey of 600 adolescents, and focus groups with students at six schools throughout the state were used to find out what teens like to do for physical activity and what would make it easier for them to be physically active. Key findings are highlighted here.

q Utah youth report that they **prefer a variety of physical activities, including basketball, biking, jogging, running and swimming.**

q Teens say that in school physical education classes they want to do activities such as **basketball, football, and running or track.** They also **suggest non-traditional activities** such as **mountain biking, Tae Bo, and in-line skating.** Students also express interest in **physical education classes that are only boys or only girls, not co-ed.**

q Teens state that what would help them to be more physically active is to join a **school-based sports club for fun, to participate in intramurals or city recreation teams with people their age, and to have more places to do physical activity non-competitively.**

q What makes being physically active difficult for teens include both resources and personal perceptions. Teens say that the reasons for not being physically active are **distance to physical activity facilities, the cost of using the facility, the perception that they are not the jock or sporty type, not enough time, and being out of shape.**

q The survey data show that there are several places to do physical activity in a neighborhood, but few teens said that they utilize these facilities. Reasons teens give for not using these facilities are that the facilities are **too far away, teens do not have transportation, and they cost too much.**

Teens Want:

- To do a variety of physical activities
- To have a variety of non-traditional sports in their PE classes
- To see intra-mural, and non-competitive sport clubs offered
- To be aware of the facilities offered

q Overall, adolescents say that **they participate in physical activity most often at home and at school.** Additionally, 70 percent of teens surveyed say that they **do physical activity with their friends.**

q Adolescents say that **they get information about physical activity most often from friends and parents.** They also say that the **radio, newspapers, and flyers** are where they find out about physical activity in their neighborhood.

q Finally, Utah youth report that the **benefits of being physically active include having fun, staying in shape, and being healthy.**

Implications for physical activi-

ty promotion fall into three categories.

Community. Teens say they want non-traditional physical activity opportunities such as participating in non-competitive sports clubs for fun, and in intramural or city recreation teams with people their age. This will require collaborative partnerships with schools, parks and recreation, cities, counties, and departments of health to address issues that prevent teens from utilizing community facilities and organizations, which include high costs and lack of transportation. By using the adolescents' insight on these specific problems, professionals will be better equipped to create solutions that appeal to teens and will enhance the use of existing resources.

Communication. According to teens, mass media campaigns may not be the best way to promote physical activity. More appropriate ways include friends, parents, flyers, the newspaper, and radio.

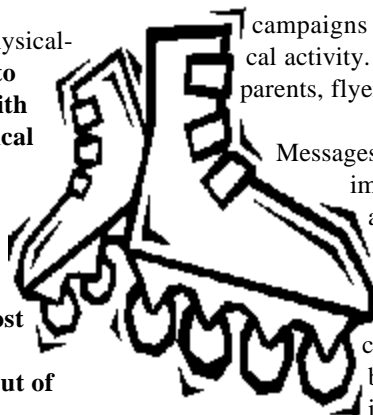
Messages about physical activity should include the immediate benefits of being physically active... spending time with friends, having fun, and staying in shape.

Also, because insufficient time is the most common reason adolescents give for not being physically active, messages should include methods for fitting physical activity into a busy schedule.

School P.E. Healthy People 2010, a document that provides guidelines and objectives for the nation's health each decade, suggests including lifetime physical activities as part of school physical education curriculum, such as recreational team sports, running, and weight lifting. Accomplishing this will require changes in three areas: (1) enhancing teacher awareness, (2) improving teacher preparation, and (3) revising school policies.

Communicating with physical education teachers about what students like to do (as reported in this issue) is critical. In-service education for teachers in the field may also be an appropriate means of training current teachers on these issues. In addition, a modification of teacher preparation at the university level may be warranted, so educators are prepared to incorporate lifetime activities into their lessons. Finally, policy changes are necessary at both the school and district levels to raise awareness about the Healthy People 2010 objectives and to address issues that adopting a new physical activity program might create.

For more information or a copy of the survey results contact Natalie Lindman,,UDOH Cardiovascular Health Program.



Upcoming Events...



6

Sept -

5 a Day Month - 5 a Day Across Utah Events

Worlds Biggest Caesar Salad

September 14th, 11:00 am - 1:00 pm

Hotel Monaco, 15 W. 200 S.

Cholesterol Education Month

Stroke Awareness Month

Physical Fitness and Sports Month

Gold Medal Mile at UDOH (Cannon Building)

September 15th, 10:00 am - 12:30 pm



Oct -

National Walk Your Children to School Week

National Safety Week

November - Great American Smokeout

Gold Medal Mile at the Healthy Sandy Fair

November 4th, Register at 7:30 am, Walk at 8:00

Dewey Bluth Park, 170 E. 9800 S.

AHA Women's Legacy Conference and Luncheon



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Utah Department of Health
Cardiovascular Health Program
P.O. Box 142107
Salt Lake City, Utah 84114-2107
[HTTP://www.heartbughway.org](http://www.heartbughway.org)

